



Thanks to Lakes Christian College stage 2 students  
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# MOUNTAIN VIEW RESERVE WALK

## CRANEBROOK

18 KM LOOP - EASY GRADE  
30 - 40 MIN CIRCUIT

Special thanks to project partners  
for support and funding



PENRITH  
CITY COUNCIL



**Bush Trackers**  
explore the bush  
with guides for kids by kids





## MOUNTAIN VIEW RESERVE WALK • 1.8km loop - Easy grade - 30 to 40min. circuit

### WHAT TO BRING IN YOUR BACKPACK

- a bottle of water.
- plenty of snacks.
- a raincoat.
- pencils for drawing.
- warm clothes in winter.
- small plastic bag for rubbish.
- wear a hat, sunscreen and.
- a small first aid kit could be useful.
- enclosed walking shoes.
- small torch.
- camera.

### BUSH TRACKER SAFETY

Safe Bush Trackers are prepared and

- know your track and take your map
- ask permission from an adult and let them know where you are walking and when you return
- don't go near cliff edges and stay behind safety fences.

### MINIMAL IMPACT BUSH TRACKING

means you try to do no damage at all to the environment so that someone following you could not tell you had been there.

Take nothing but photos, leave nothing behind:

- always keep to the track & tread softly & quietly
- don't pick the flowers or plants in the bush
- be gentle and careful if you touch things (don't touch snakes and spiders!)
- carry your rubbish out with you
- Bush Trackers walk in small groups (4-15 people)

The Bush Trackers program helps engage children and families in nature. Bush Trackers helps create a child friendly community and grew from support of the Stronger Families Alliance ([www.strongerfamilies.co](http://www.strongerfamilies.co)). The Bush Trackers team worked with Penrith City Council and NSW National Parks and Wildlife Service Discovery Rangers to guide school kids aged 8-10 years old on a local bushwalk, enjoying nature play, learning about natural and cultural heritage and encouraging the kids to share their experience through words, poems, drawings and photos. PerformingDesign use these to create the map and guide to encourage other kids and families to safely enjoy the bush.

For more information, tips and maps go to: [www.bushtrackers.com.au](http://www.bushtrackers.com.au); [www.wildwalks.com](http://www.wildwalks.com); [www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au), or [www.penrithcity.nsw.gov.au](http://www.penrithcity.nsw.gov.au)

We respectfully acknowledge the Darug Traditional Custodians of this place.



- Black Cockatoos - insects - frogs - butterflies - lizards - snake bones - Emu egg - Kangaroo grass -

### Mountain View Reserve Walk - 1.8km loop - Easy grade - 30 to 40 mins circuit

On the traditional lands of the Darug people, and once owned by Samuel Terry and his wife Rosetta Marsh, today Mountain View Reserve bushland and wetland is home to some rare and unique plants and animals. The bushland here is called Cumberland Plain Woodland, which once covered a large part of Western Sydney. Clearing for farming and building houses has now reduced this woodland to small and scattered patches, many of which are threatened by development and weeds.

The natural wetland at Mountain View Reserve is regionally important with some areas always wet but other areas only wet sometimes. After heavy rainfall the stormwater runoff from the surrounding areas filters into the natural wetland before flowing to the Penrith Lakes. Too much stormwater pollution however will harm the wetland plants and animals. That's why a man-made treatment wetland has also been built at Mountain View Reserve with soils, rocks, water and plants. It is designed to remove pollutants from stormwater runoff. The stormwater is filtered and cleaned by each feature of the wetland to help protect the Penrith Lakes and Nepean River. Being a good bushland neighbour will help to protect Mountain View Reserve and the animals and birds that live here for years to come. Take your time to explore this delightful pocket of nature, listen for the frogs and birds and climb the hill to enjoy the view over the Penrith Lakes to the Blue Mountains.



We thought about and talked about our relationship with the bush - Lester told us about Aboriginal



Look  
can you find  
these plants?



a dance with clapping sticks - charcoal drawing - we had a wonderful time



Write words that  
describe what you  
see, hear or feel  
(adjectives)

Culture and how people lived  
in the past - he

Listen  
how many different bird  
calls can you hear?

Can you guess  
who lives here?

threw a boomerang



Look  
If you are quiet & look carefully  
you might see some creatures

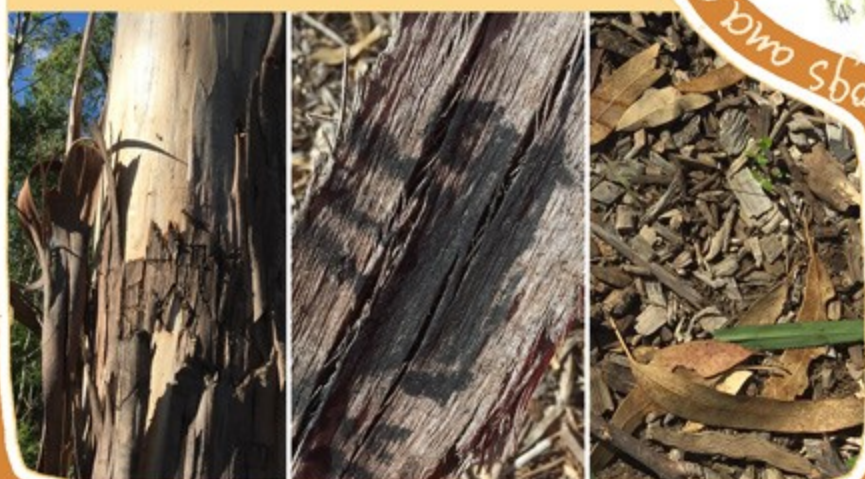
and played the yidaki



Feel the stone  
is it warm or cool?

steep climb to the top of the hill

Touch  
bark, leaves, rocks, moss  
rushes and sedges. Hug a tree  
Things not to touch  
snake holes, fungi,  
spiders, insects



20 crows and a turtle - next was



Find these  
and tick the box

Frogs and a turtle - next was

for us - our walk took us through wetland - saw lots of